

ABSTRACT

- 1) harvesting from the patient semitendinosus and gracilis tendons, or other suitable tendons of adequate length, to form a tendon graft;
- 2) forming a hole through the patient's femur from the intercondylar notch therein anteriorly and laterally;
- 3) enlarging the cross-sectional area of that femoral hole adjacent the notch sufficiently to receive one end of the tendon graft and a suitable screw;
- 4) forming a suitably positioned hole through the patient's tibia opening at one end adjacent the medial tibial spine and having a cross-sectional area sufficient to receive the other end of the tendon graft and a suitable screw;
- 5) drawing the one end of the tendon graft through the tibial hole and the joint into the femoral hole while leaving the other end of the tendon graft in the tibial hole;
- 6) inserting a suitable screw into the femoral hole from its intercondylar notch end until the head of the screw is just within that end of the hole and the screw is pressing the tendon graft directly and firmly against a sidewall of the femoral hole; and
- 7) after tensioning the tendon graft, inserting a suitable screw into the hole in the tibia externally until the head of the screw is within the exterior end of the tibial hole and the screw is pressing the tendon graft directly and firmly against a sidewall of the tibial hole.